TREATING INSOMNIA.

Insomnia is a widespread American fisease. It afflicts the best brains of this country-lawyers, teachers and other professionals and especially men of affairs whose minds are overtaxed with a multitude of harassing, incessant business details. It is caused by an undue distension of the arteries supplying the red blood to the brain, resulting in unrelieved pressure on the nerve cells of the gray matter, eventuating in prolonged wakefulness during the night, at a time when they should be allowed to remain quiescent and recuperate the tissue wasted during the active hours of the day. Shakespeare poetically says, " 'Tis sleep knits up the raveled sleeve of care." This is also true scientifically and physiologically. It is capable of being expanded into a whole treatise. With the lightninglike glance of genius he saw into the very structure of nerve tissue, the cause of its wear and tear and the remedy.

Dr. Samuel Johnson in his ponderous dictionary defined a "net" to be "an interwoven decussated tissue of meshes." Each cell in the brain has this character. Magnified several hundred diameters it would resemble the network covering a small balloon. In the morning, after a refreshing night's rest, each cell is expanded, alert with life, and has the faint pink glow of health. At evening, after a long day's work over some exhausting mental occupation, this cell is flaccid and collapsed, a portion of its substance gone, and it is unfit for further immediate work.

A night's natural sleep repairs the waste, the life giving blood in gentle, regular pulsations flows by and the proper element is taken out of each globule and incorporated into the structure of the nerve cell, so that on awakening it is again restored, alert and ready to receive and send out messages and do its proper work. Sleep has knit together again the meshes raveled out by care. The action of 1,000,000 of these cells packed together in the brain, like Leyden jars in a battery, is analogous to electricity, but not at all identical with it.

One has sometimes in the country noticed a lone forest lightning struck tree slowly decaying as the seasons roll by in the alternations of rain and frost and wind. First the small twigs become brittle, break off and fall, then larger branches and limbs and finally the many thousand subdivisions are reduced to about three large stumps supported by the blasted trunk with the rotten bark clinging to it. As age creeps slowly on the animal body the small ramifications of blood vessels in the face, for instance, wither and die and then larger vessels, leaving pits called "wrinkles." The same thing happens in the interior of the brain, but this is invisible on the surface. Instead of many fine subdivisions of arteries reaching every part of the structure and thus irrigating it with the red life giving fluid these dry up, are absorbed and larger ones and fewer in number result. Into these the blood has a tendency to pour at night during sleep, on slight provocation resulting in undue distension and engorgement, and consequent wakefulness, thus producing the well known disease "insomnia," which, if prolonged, results in

brain wreck and insanity. Let the sufferer look to the health of his whole body by outdoor exercise, open air and regular diet, amend and correct the general health or use tonic baths at the proper time of the day before retiring or on rising. Taking a slight repast before going to bed so as to draw a surplus of blood from the brain and elevating the head on pillows so as to allow gravitation to assist in draining the blood from the brain are

Periodicity is of great assistance. Going to bed at exactly the same hour every night, the firm and strong belief in the fact that you will sleep at that hour, the diversion of the mind just before retiring by some light reading, amusement, work or exercise will help. Refuse, if possible, to discuss or dwell upon mournful, irritating or unfortunate personal topics or afflictions. Should the sufferer suddenly awake in the night before the allotted hours for repose have passed, his best plan is not to lie awake in bed in the dark staring vacantly. The oversensitive mind conjures many gloomy thoughts at this time in the deep, still darkness of the night, when all outside day sounds and noises have ceased their distraction. These cases can be successfully treated at home, and not by drugs. Have a night table handy, light a candle, arise, throw off and air the bed clothes, sit up, with a convenient wrapper around you, in an easy chair, having first thrown open a foor or window to completely change the vitiated air of the room. Of course one must have a chamber to himself to do this. All the conditions external being changed will tend to produce a change of those internal of the bodythe brain and the nerves. After a suit, able interval one can again close the doors and windows, replace covers and retire to ap, oaching slumber.

This was the method of Benjamin Franklin, who had a large, active brain, filled with multitudinous private and public affairs, during a long and active life, and he found 't to succeed. (See his sutobiography.) Different remedies will suit different constitutions. The same will not do for all alike. Each person must study his own case, the moral and physical causes, remove these and find out what will best soothe his exhausted nerves and induce peaceful repose.— James M. Loring in St. Louis Post-Dis-

On the Pronunciation of Pepys. The Hon. Walter Pepys has collected 17 varieties of the spelling of the name, and he lays some stress upon the French form Pepy as authority for the pronunciation favored by him. Peeps seems to sister Paulina, the family of Pepys | free. Large bottle, 25c.

Cockerell. Peeps is also the traditional pronunciation adopted at Cambridge. Here is, I think, strong evidence in favor of Peeps. At the same time I believe that in this name, as in other words, the pronunciation of the vowel e has changed since the seventeenth century. and that the name in Pepys' own day was actually pronounced Papes. This opinion is grounded on the phonetic spelling Peaps and Peyps which have come down to us, and both these would represent Papes; ea-a, as in yea, break, great; ey—a, as in obey and they. In this matter, however, I have not the courage of my opinion, and I am not, therefore, prepared to adopt this pronunciation.—Notes and Queries.

All Sorts.

New Facts About South Dakota, To enable the farmers in the Eastern states to pass the long winter evenings in an entertaining and instructive man-ner, the Chicago, Milwaukee & St. Paul Railway company has recently published for free distribution, a new pamphlet, finely illustrated with pictures which will delight the eyes of Eastern farmers, and South Dakota descriptive of their experience while tilling the soil and raising cattle, sheep and hogs in the "Sunshine State.

This pamphlet will be well worth reading through from cover to cover. It will be sent free if you will send your address to either H. F. Hunter, Immigration Agent, 291 Dearbon street, Chicago, or to Geo. H. Heafford, General Passenger Agent, Old Colony Building, Chicago, Ill.

Waterloo, Ia., has a church for which one huge glacier boulder furnished practically all the material.

A fruit festival, with samples for visitors, will be an attraction during one week of the Omaha exposition.

and is now universally conceded by scientists to be the only herb which effectually cures all nervous troubles. Celery forms the principal part of Cleveland's celery compound tea, the great vegetable remedy for nervous prostration, nervous exhaustion, constipation, indigestion, headache, impure blood and all diseases of the stomach, liver and kidneys. Call on Boynton & Eastman 36 and 38 Eastern avenue, and get a trial package free. Large package, 25c.

The Belgian Democratic League is a federation of all' the Catholic associations in Belgium foreconomic, social, or recreative purposes. Over 300 societies are

Rellef in Six Hours.

Distressing kidney and bladder disease relieved in six hours by "New Great South American Kidney Cure." It is a great surprise on account of its exceeding promptness in relieving pain in bladder, kidneys and back, in male or temale. Relieves retention of water almost immediately. It you want quick relief and cure

this is the remedy.
Sold by C. C. Bingham, 37 Main St.,
Druggist, St. Johnsbury, Vt. London had 18,900,000 of the 79,400-

000 telegrams sent to England during the past year ending March 31, 1897. The number of deaths in Boston this

ing the same period last year. The Buffalo Aldermen have refused to

appropriate any money for the instruction of public-school girls in cooking. The results of 13,196 analyses of milk made in different parts of the world

during the year 1892, and the average of all these analysis shows that the milk yielded 3.91 per cent. of fat and 12.71

To Cure a Cold One Day.

per cent, of solids.

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. 25 cents.

A Baltimore Judge has decided that faith-cure doctors are not entitled to remuneration for their services. He takes the ground that the laith-cure physician renders no apparent service to the sick.

Dr. E. Detchon's Anti Diurtic may be worth to you more than \$100, if you have a child who soils bedding from incontinence of water during sleep. Cures old and young alike. It arrests the trouble at once. \$1. Sold by C. C. Bingham, Druggist, 37 Main St., St. Johnsbury, Vt.

The old log cabin which George Washington built in Clarke County, Va., in 1748, and in which he learned the craft of Indian warfare, is still standing; though it is fast falling into decay.

The pension allowance in Georgia this year has been reduced about \$2 for each class. The first class receives \$62.

Mrs. Winslow's Soothing Syrup has been used by millions of mothers for their children while teething. If disturbed at night and broken of your rest by a sick child suffering and crying with pain of cutting teeth, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. It will relieve the poor little sufferers immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhoa, son speaking is not aware that he is beregulates the stomach and bowels, cures | ing understood in that way. I have in inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste, and is the prescription of one of the oldest and best female physicians and nurses in the United States. Price twenty-five cents a bottle. Sold by all druggists throughout the world. Be sure and ask for "Mrs, Winslow Soothing Syrup."

France has 83,465 public schools, an increase of 223 within a year; 15, 909 of them are under clerical control. The number of teachers is 151,563, the num-ber of pupils 4,580,183.

The Czar of all the Russias

s not so potent in his dominions as is Cleveland's lung healer in the realm of coughs and colds. It has been aptly termed "The Monarch of the World's Expectorants." So great is the confidence of the proprietors that they sell every bottle on a positive guarantee. No cure, follow the usual practice, as Weems for Wemys, and, moreover, it is that adopted by the descendants of the diarist's

CAN'T GET REST.

SLEEPLESSNESS COMMON AMONG THE AGED.

Thin, Pale, Inactive Blood the Underlying Cause. RESTFUL SLEEP FROM BETTER BLOOD

SUPPLY.

Paine's Celery Compound Fills the Arteries. Multiplies Number of Vital Red Corpuscles.

There are degrees of sleeplessness from the wide-awake state to the sleep which does not refresh and has in it only the mockery of rest.

Such sleep is not tired nature's sweet restorer. Dreams have power to torture Real Estate, and to depress. Sleep, therefore, is not always rest, but trouble, and a troubled sleep brings to the brain-worker loss of power for thought and labor.

It is a well-known fact that for any part to perform actively its duties, it must have an abundance of blood; but when the power of locally regulating the supply of blood in the brain is impaired because of insufficient nerve power containing letters from their brethren in the tired brain grinds the same old grist over and over till nervous prostration, paralysis or hysteria ensues.

The cause of sleeplessness is so clear that the cure is equally apparent. The nerves must recover their grip. The health-wrecking laxity of the blood vessels must be corrected. The answer to how this is to be done is:

Feed the exhausted nerve tissues with Paine's celery compound.

By thus acting on the nerves Paine's celery compound is able to regulate the blood supply and permanently banish sleeplessness that shortens so many lives, especially among those beyond middle age. In addition to this indirect control over the circulation, Paine's celery com. pound directly increases the amount of blood in the arteries and arouses the purifying organs to drive out impurities that often lurk in it undeveloped for years till age or a "run-down" condition allows them to get the upper hand.

A pale, languid woman is no more of a lady than a rosy, robust one.

Women leading lives of imperfect health, with pains and aches running riot through their "run-down" bodies, are often ignorant of the fact that it is not a specific for nervousness or rheumatism or stomach trouble that they need, but a fundamental building up of every tissue of their bodies and a thorough cleansing of their blood. The strengthening of the constitution and theeradication of latent disease that Paine's celery compound achieves leaves no fear of that treacher-ous partial recovery that keeps one al-ways atraid of a relapse and sudden break-down.

Paine's celery compound rests on the wise modern conclusion of the best medical thought that the remedy that invigorates the entire system and purifies it, s the only safe cure for such localized dis eases as rheumatism, neuralgia, sleeplessness, eczema, headaches and blood discases.

health keeps pace with strength. People seem to think that one can determine the bealth of persons by measuring their arms. Health means absence of pain and the presence of more or less nerve intensity and enjoyment in the mere fact

All this implies abundantly nourished organs and blood unhampered by dis-

eased humors. Paine's celery compound is especially valuable for recruiting the strength and spent energies of men and women advanced in years. It is the one preparation considered worthy the name of a true nerve food and blood remedy by physicians throughout the country. It is prescribed by them in every state in the Union to tone up the system, regulate the nerves and restore health and strength.

SPEAKING TO THE DEAF.

A Mistake Is Often Made In Trying to Enunciate Very Plainly.

Many people, and I am sorry to say some teacsers of the deaf, fail to realize -in practice at least-that speech is not as clearly visible to the eye as it is audi ble to the ear, and think that by speak ing slowly, word by word, and opening their mouths to the widest extent, they will render the task of the speech reade easier. As a matter of fact they render it all the more difficult. A child in school may learn to understand a teach er who mouths his words in this manner, but this ability is of no value to him when he leaves school. Indeed perfectly natural, deliberate speech is easier to understand than the exaggerated form of articulation which people are apt to use the moment they know they

are talking to a totally deaf person. People who depend entirely upon their speech reading for understanding others have requested me, when introducing them to strangers, not to say that they were deaf, because they find it easier to read the lips when the perwind colic, softens the gums, reduces my acquaintance a young man educated wholly by this method who travels a great deal and picks up acquaintances on the steamer or on the train just as people do who possess all their faculties.

I have in mind also a congenitally deaf girl of 14 who is not considered unusually bright, yet whose speech is clearly intelligible to strangers after the first ten minutes, who is intelligent on the topics of the day, and whose larger and more conversational repertory is much larger and more entertaining than that of many young ladies of 20 and over that I have met in metropolitan society .- John Dutton Wright in Century.

Disparity. "You're not going to the Klondike region, are you?" said the impecunious man's friend.

"No." "Don't like the climate?" "It isn't the climate. It's the surface conditions. There are too many moun-

tain passes and no railway passes."

December 31, 1897.

NATIONAL LIFE INSURANCE COMPANY,

MONTPELIER, VT.

ASSETS.

nds, Stocks and Warrants, (Market value), Mortgage Loans, Policy Loans and Premium Notes, Loans on Stocks and Bonds,

Interest due and accrued; Net deferred and unreported Premlums,

900 DROPS

AVegetable Preparation for As-

similating the Food and Regula-

ting the Stomachs and Bowels of

INFANTS CHILDREN

Promotes Digestion, Cheerful-

ness and Rest. Contains neither

Opum, Morphine nor Mineral.
NOT NARCOTIC.

Reape of Old Dr.SAMUEL PITCHER

Aperfect Remedy for Constipa-

tion, Sour Stomach, Diarrhoea

Worms Convulsions Feverish-

ness and Loss of SLEEP.

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35 Doses - 35 CENTS

Chatt Fletcher.

Pumpkin Seed -Alx Senna -Rochelle Salts -

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LIABILITIES.

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660,789.75 \$14,826,992.28 \$12,563,265.30

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Recommended by all. The New Beverage.

KOLA RAYS! The Great Nerve Renovator. On sale at all Drug Stores.

CRYSTAL SPRING BOTTLING CO.,

Barnet, Vt.

GREAT CLEARANCE SALE

As the entire stock must be sold in the next 60 days, we will give purchasers bargains never before offered.

100 " "		
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LININGS.		
Cambries.	4	cen
Selesia 10 to	17	44
Hair Cloth	.18	**
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Prints	200	**
50c Underwear at	.35	**
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All our Infants' Goods for 50c on the dollar.		

Silks from \$1.00 to 25c per yard. Braids, Gimps, Jet Trimmings for less than cost.

1.00 " Germantown, Saxony and Zephyr Worsteds, 6 and 10c per skein.

The whole of our millinery stock at less than cost. Store fixtures consisting of four large and three small showcases, five

tables, desk, lamps and chairs. Also workroom furnishings. Prices to suit

J. HALLEY & CO.,

Y. M. C. A. BLOCK, ST. JOHNSBURY, VT.

Just Arrived____

A Large and Beautiful Assortment of

Parlor and Sitting-Room Chairs, Sofa Beds and Oak Chamber Suits LOWEST PRICES.

HALL & STANLEY,

72 Main St.

A Few Agents Wanted for Special Canvass With a Special Work. Among A Special Class, On . A Special Plan. Liberal Weekly Advances

> BALCH BROTHERS CO. 36 Bromfield St., Boston. Mention this paper.

Do As the Trees Do,

Change Your Garb.

That light and thin suit was all right a month ago, but now it makes you conspicuous and lets in shivers. If you have not seen our Fall and Winter stock you will be surprised at the extensive variety of carefully selected and handsome patterns we are showing.

A. M. COODRICH. TAILOR.

PRETTY POCKETBOOKS

and card cases form an important part of our stock. Ladies' are irresistably attracted toward the show case that contains them. No trashy, material blushing with transient beauty. Only real leather. Only proper sizes and correct styles.

A. F. WALKER,

FOR SALE CHEAP

A Portable Saw

for \$1:00 and fixtures, with capac-5. ity of 12 to 16 thousand per day.

O. V. HOOKER & SON.

BOSTON and YUKON Transportation and Supply Co.

Capital \$500,000, Shares \$1.00 Each Fully Paid and Non-Assessable

There is a strong appeal to the Commercial instinct in the opportunity which the rush to the Alaska Gold Fields gives to legitimate trade. The men who undertake to supply the new mining population of Alaska with what they need to eat drink and wear and with the implements of their work are those into whose hands the greater part of the gold will come.

This company is formed for the purpose of trading in all kinds of supplies and will send a ship of 500-ton burthen from Boston in November, stocked with the necessary provisions, clothing and implements requsite for the miners and the public use, sailing by the way of Cape Horn, arriving at the Gold Fields at the opening of the season.

In regard to passenger service, we can accommedate but a limited number (suy fifty). To those investing in the stock of the company the following inducements

re offered:

Passage from Boston to the centre of the gold regions, including one year's supply of food, clothing, medicine, camp and mining outfit complete,

\$350.

Every dollar invested in this Company will return ten for one. Uompany will return ten for one.

This company enters into no chimerical scheme, but at once strikes at the foundation of success, by conveying in the best and cheapest manner articles most in demand, without which there can be no success, no gold and no returns for your money.

Shares can be procured either by mail or at the company's office, No. 164A Tremont St., rooms 6 and 7.

Correspondence, personal interviews and fullest investigation invited,

Make checks, money and express orders payable to GEORGE Z. LYTHGOB,

Treasurer.

CEYLON

"The proof of the Pudding is in the eat-

The proof of the Tea is in the Drinking.

MARTIN L. HALL & CO. Wholesale Agents.

Infusion not to exceed FIVE minutes. Use only absolutely BOILING WATER ONE spoonful makes Two cups.

BEST BRANDS INDIA AND CEYLON TEAS. PURITAN, KNICKERBOCKER. COLUMBIA, B. & B. (Green Packet.)

DIARIES

and

CALENDARS

for 1898

FIELD & ROWELL.

C. R. LYNCH,

House Finish, Turning & Mouldings STAIR WORK A SPECIALTY.
Dealer in Sash, Doors and Blinds.
Shop in Hooker's Building,
dill Street, - St. Johnsbury, Vt. Mill Street,

RAYMOND & WHITCOMB'S TOURS.

ALL TRAVELING EXPENSES INCLUDED. A Party will leave Boston, January 27, in an Blegant Train of Vestibuled Sleeping and Dining Cars for a Grand Tour of 37 days through the Southern States and Mexico.

Ample time will be given to all the leading cities and other places of historic and picture-esque interest in Mexico, including the Wonderful Tampico Division of the Mexican Central Railway, a Week in the City of Mexico, a Four-Days Trip over the Vera Cruz Railway, and an Excursion over the Mexico, Cuernavaca & Pacific Railway.

Tours to Mexico and California, Jan. 27 and Pebuars 17.
California Tours, Ian 27, Feb. 3 and 17, and March 10. via New Orleans, and Jan. 18. Feb 1 and 22 and waren 15. via Chicago, Kausas City, and Santa Fe.
Florida Tours, Ian 12 Feb. 3, 9 and 16.
Tour to the Hawaiian Islands, from San Francisco, March 22.

Prancisco, March 22
Tour to Japan. China, etc., from San
Prancisco, March 23.
Tour to Holy Land, etc., Jan. 15.
Tours to Europe, April 16, May 31 and July 2
Independent Railroad Tickets via the Boston & Albany, Boston & Maine, and Other Principal Lines; also Steamship Tickets to all points.
Send for descriptive book, mentioning the particular trip desired.

RAYMOND & WHITCOMB, 296 Washington Street, opposite School Street, Boston.

Plumbing Steamfitting.

I have bought out Dick Donaghy's stock and am prepared to do all kinds of plumbing in first class manner and at reasonable prices. Jobbing promptly attended to. Have had several years' experience in Chicago and was a member of the board of plumbing inspectors.

F. E. WARNER. 75 Eastern Ave.

Clearance

and General Mark Down for the next thirty days, commencing Wednesday, Dec. 29.

Stamped Linens, Ladies Silk and Woolen Mittens, Aprons.

A few print Wrappers for \$1.00 former price \$1.25, at Mrs. HELEN F. CARPENTER'S, 87 Eastern Ave.,

St. Johnsbury, Vt.